



Holiday Help

Holidays are supposed to be a joyous time you spend with the ones you love, but when you can't afford a holiday meal, your bills, or gifts for your friends and family, this festive time of year can be extraordinarily stressful. Fortunately, those in need can turn to a number of organizations for assistance during the holidays. Conditions of assistance programs can vary based on location, income and other factors, so be sure to contact an organization well before the holidays arrive to see if you qualify.

- › **Holiday meals:** Whether you need help purchasing the grocery items to cook up your holiday feast, or you're trying to find somewhere close to your home that's providing free meals, help might be available through food pantries, houses of worship and the Salvation Army.
- › **Paying bills:** Money can be tight during the holiday season when you're faced with additional expenses, so call 211 or 311 (where available) or contact the United Way, the Salvation Army, Catholic Charities or the American Red Cross to determine your eligibility for bill pay assistance.
- › **Gifts:** You may be disappointed you can't buy the toy or electronic item on your children's wish list, but you can still create some wonderful memories of watching them open their gifts by contacting Toys for Tots, the Salvation Army, Catholic Charities or Mission Network for help.

Call: **888-972-4732**

TDD: 800.697.0353

Online: guidanceresources.com

Your company Web ID: **STATENV**